

# CUT STUDENT SERVICES INFORMATION GUIDE



Central University of  
Technology, Free State

# index

1

## VALUES

1-3

## GOVERNANCE AND STUDENT LIFE

4-13

2

## SPORT

14-17

3

## RESIDENCES

18-22

4

## WELLNESS CENTRE

23-29

## STUDENT SERVICES INFORMATION BOOKLET: 2015

The vision of the Central University of Technology is as follows:

### Motto

**THINKING BEYOND** captivates the aspirations of a new university of technology prepared to boldly shape its own future in dynamic and innovative ways.

### Vision

By 2020, Central University of Technology, Free State, shall be an engaged university that focuses on producing quality social and technological innovations in socio-economic developments, primarily in the Central region of South Africa.

### Mission

In aspiring to fulfil its vision, CUT:

- Delivers high-quality, appropriate Science, Engineering and Technology (SET) academic programmes supported by applied research.
- Engages with the community for mutually beneficial development.
- Promotes access with success in attracting high-quality students and supporting them to become employable graduates.
- Attracts and retains expert staff, and supports their development and well-being.
- Forges strategic partnerships.

### Systemic core values

A primary core value of any university is **academic freedom**, which is enshrined in the Bill of Rights of the Constitution of the Republic of South Africa. This core value must be buttressed by **institutional autonomy**, but within an environment where **public accountability** is seen as a virtue. Principles and behaviour defined in the Leadership Charter must accord with these and the institutional core values below.

### Institutional core values

The questions related to each core value assist with internalising each core value at individual level.

- **Customer service**

*“Would I have been happy or satisfied with the service I rendered?”*

- **Integrity**

*“Do I practise what I preach?”*

- **Diversity**

*“Would I have acted differently if I were in somebody else’s shoes?”*

- **Innovation**

*“Is this the best way/method/process/product? Have I considered doing it differently?”*

- **Excellence**

*“Do I continuously strive to improve on previous efforts? Was this my best effort?”*

#### Message from the Deputy Registrar: Student Services



■ Bloemfontein Campus

■ Welkom Campus

Generally, the role of the Student Services/Affairs Section within the higher education setting is to provide support and welfare services and programmes to students, all intended to ensure that the out-of-class experience of students prepare them to deal effectively with societal challenges such as responsible citizenship, poverty, diversity, crime, career uncertainty, health and environmental issues, and socio-political transformation.

At CUT, we are committed to creating an enriching and stimulating student experience by providing the best possible services that are geared towards ensuring that our students are appropriately supported in their studies and social life as they continue with their studies.

The following is the vision statement of the Student Services Section:

#### Vision

The vision of the Student Services Section is to ensure that students receive a positive initial and on-going experience at CUT.

#### Mission

The vision will be fulfilled through the timely provision of relevant, competent and student-centered support services, with maximum impact and outcomes, in partnership and collaboration with other internal and external stakeholders.

#### Goals

The following are the main goals of the section:

- Delivering high-quality and responsive student-centered services throughout the student life cycle.
- Co-ordinating university-wide services for students to support their personal and academic achievements in partnership and collaboration with the CUT community and relevant external partners.
- Continuously identify, understand and represent the changing needs of students.
- Working co-operatively as an integrated and co-ordinated section that encourages, motivates and support its staff members.

Values of the section:

- Professionalism
- Altruism
- Quality service delivery
- Effective leadership
- Teamwork

The following are the **FOUR UNITS** that constitute the Student Services Section at both CUT Bloemfontein and Welkom Campuses:



# Student life

## I. GOVERNANCE AND STUDENT LIFE



■ Bloemfontein Campus

■ Welkom Campus

### 1. PURPOSE OF THE UNIT

The purpose of the unit is to co-ordinate and organise all activities geared towards enhancing the student experience at CUT, and to provide a conducive environment for students' creativity, independent thinking, and social exchanges and appreciation. Through its various development and training programmes, the unit seeks to enhance and maximise students' leadership potential and to create a vibrant student life in support of the university's holistic student development endeavour.

### 2. OBJECTIVES OF THE UNIT

The following are the objectives of the unit:

- To create a value-adding student experience while students continue to study at CUT.
- To enable student leaders to understand their role as an integral part of co-operative governance and participate effectively in institutional governance structures as outlined in the Higher Education Act 101 of 1997 (as amended).
- To provide student leaders (the Students' Representative Council (SRC) and Affiliates) with skills that will enable them to be effective and efficient in the execution of their duties and responsibilities.
- To enable students to contribute towards a renewed sense of ownership, accountability and ethical leadership within immediate communities.



**GOVERNANCE  
AND STUDENT LIFE**

### 3. SUB-UNITS AND PROGRAMMES

#### 1.1 Student Governance

##### 3.1.1 Sub-unit structures and functions

This sub-unit is headed by the Student Development Officer: Student Governance (SDO: SG), who is responsible for all student governance-related affairs (support and development) and some edutainment activities.

###### 3.1.1.1 Student structures in the office SDO: SG

###### 3.1.1.2 Students' Representative Council (SRC)

The SRC exists in terms of the Higher Education Act, 1997, Act No. 101 of 1997 (as amended), and its role is to be the voice of the students on campus.

###### 3.1.1.3 Student Parliament (SP)

This student forum was established to serve as an advisory body to the SRC, and it is constituted by representatives of all recognised students structures (academic associations, community-/faith-based, political formations, house committees, etc.).

#### 3.1 Unleashing the Hidden

Unleashing the hidden [UTH] is a character building structure that was formed last year [August 2013] to help CUT students in developing them spiritually, psychologically, academically, and physically. Their mission is to inspire our students in a different way, in God's way. The main focus is character building, legacy life and greatness.

#### 3.2 Student Life

##### 3.2.1 Sub-unit structures and functions

The sub-unit is headed by the Student Development Officer: Student Life (SDO: SL), who is responsible for all student life-related affairs (support and development) and some student community work-related projects

###### 3.2.1.1 Carnival Committee

The committee is the community service wing of the SRC, with the responsibility of generating funds for outreach-related projects. The Carnival Committee is appointed annually by means of an application and interview process.

##### 3.2.1.2 First Years' Leadership Foundation Programme

The sub-unit organises annual first-year leadership development programmes that take place from February to the first week of October each year. The programme registers a limited number of first-year students (60 attendees). Selection of participants takes place on a first-come-first-served basis, and has to be gender-balanced.

#### 3.3 Student formations

Groups of students are entitled to organise academic, political, cultural and faith-/community-based formations to advance their interests and uphold the university ethos and mission. Based on the availability of resources, these structures are allocated limited seed funds to initiate their activities, and are encouraged to be creative in increasing their annual budget.

##### 3.3.1 STUDENT ORGANISATIONS

- **POLITICAL:** ANC Youth League, ANC Women's League, AZAPO Student Convention (AZASCO), COPE Student Movement, Pan Africanist Student Movement of Azania (PASMA), South African Students Congress (SASCO), Young Communist League of South Africa, Pan African Youth Congress of Azania (PAYCO), Revolutionary Socialist League, Imbeloko, Black Wash, and the EFF-Student Combat.
- **ACADEMIC:** BELEZA (An organisation for Somatology students. Beleza is a Portuguese word meaning "beauty"), CUT Marketing Association, Central University of Technology Education Students' Association (CUTESA), Language Practice Association (LAPA), Public Management Association (PUMAS), Electrical and Computer Systems, Life Sciences Student Organisation (LISSO), Hotel School Association, Human Resources Society, IT Organisation, Students in Free Enterprise (SIFE), Science Club Forum (SCINFO) Outreach Club, National Society of Black Engineers, Visual Art Society, Tourism Organisation, SAICE CUT Student Chapter, Library Association, and the Association of Black Accountants of South Africa (ABASA).

##### 3.3.2 SPORT, ARTS AND CULTURE

- **CHESS**

People of all ages and from all walks of life participate in the fascinating sport of chess. Chess is good for strengthening character and improving thinking. Lessons are available to newcomers.

- **CHOIR**

Although singing is obviously a very important part of the choir, members are offered much more than just the opportunity to share and enjoy each other's voices and music. The choir has won many local and national awards and, in the process, it has touched the lives of its members and everyone with whom they come into contact. The goal of the CUT Choir is to be the best-performing choral group in arts performance, classical and African music, as well as to be able to confidently perform and compete at national and international arenas.

- **DEBATE/PUBLIC SPEAKING**

The CUT Debating Society recently joined other tertiary institutions in the British parliamentary style of debating. Students are taught to think on their feet, to argue logically, and to speak confidently in front of an audience. The only way to be part of this fast-paced, exciting style of debate is to become a member of this society.

- **DRAMA**

Your acting and choreographic talent can be fully developed by joining CUT's Drama Society. The society performs at various arts and culture events, such as the Basotho Cultural Festival and the Grahamstown National Arts Festival.

- **DANCE FACTORY ASSOCIATION**

This group of students promotes different codes of dance on campus, such as hip-hop, pantsula dance, acrobatic dance and local dances; in fact, any contemporary form of dance.

- **POETRY ASSOCIATION**

Poetry is not just about rhymes and provocative words; it is about touching lives in another dimension, awakening consciousness, building character and shaping lives through one of the most powerful tools known to humankind: Words! To be part of this word revolution, join the CUT Poetry Association and become a poetry pioneer.

- **DANCE SPORTS**

Ballroom dancing is one of the best and most enjoyable ways to exercise and socialise. It can be done in the traditional ballroom or the Latin-American way. This is one of the fastest growing sports in the world, and has even received Olympic recognition.

### 3.3.3 EQUITY AND DIVERSITY/MISCELLANEOUS INTERESTS

- **Brilliance Extra Classes:** Focus is on community service such as peer career advising and extra classes for Grade 10-12 learners from the disadvantaged schools in Mangaung and the Xhariep area.
- **Mingled Art Production, DJ Society, CUT Babbies**
- **Reading Club:** This group focuses on instilling a culture of reading and inquiring within CUT students. Reading development sessions are conducted for learners at various disadvantaged schools within the Mangaung catchment area.
- **Student Touring Association:** The association instills a culture of valuing South African heritage, and exposes students to various tourist attraction areas and historical sites.
- **GoalBall Club:** This club runs the GoalBall sporting affairs of partly sighted students, and is one of the competitive student groups.
- **GABIAN:** GABIAN advances the general interests and upholds the human rights aspects of the gay and lesbian student cohort.
- **Mountain Club:** The objective is to further interest into all facets of mountaineering. Wall-climbing is a very popular activity amongst students on campus.
- **ZAZI and Brothers for Life:** The ZAZI component mainly focuses on the empowerment of young women, life skills and the general issues affecting them. Brothers for Life focuses more on the empowerment of men, such as responsible manhood and issues affecting men, including men's health.
- **Black Management Forum (BMF):** The BMF student chapter is continually modeling itself as an ideal home for young aspirant business managers and leaders who seek to genuinely engage in socio-economic issues challenging South African youth. It is a non-racial organisation that welcomes all interested parties, even though their primary target is black students at higher learning institutions in South Africa. Their programmes include campus work; community outreaches; and corporate, public and international work. For more information, visit their website at [www.bmfonline.co.za](http://www.bmfonline.co.za).
- **Gospel Mass Choir:** This group offers a platform for students to come together in spiritual fellowship by means of gospel music, and to share this with the university and the community at large.



- **Recreational Sport:** As a student, do you really have enough “drop-in time” and are you interested in activities in which you can have fun and enjoy yourself without serious competition? The following facilities are available: Beach volleyball court, climbing-wall, soccer field and netball field. Everyone is welcome!
- **Wellness Workers:** The Wellness Workers are a group of caring individuals who aim to support fellow students who are experiencing any social problems and to encourage students to foster a positive attitude towards themselves and others. This group operates under the guidance of the Wellness Centre, and will refer any students requiring more specialised assistance to the Wellness Centre.

### 3.4 INTERNATIONAL FORMATIONS

- **Lesotho Student Association (LESA):** This student organisation oversees the broader range of issues affecting registered CUT students from Lesotho.
- **Botswana Student Association (BOSA):** This group was established to create a student-friendly learning environment for students from Botswana, and to deal with the various academic, social, cultural and financial issues affecting them.

### 3.5 DENOMINATIONS

- **CUT RESIDENCE CHURCH:** This group meets every Sunday at the Artec Hall to engage in Christian worship.
- **STUDENT CHRISTIAN ORGANISATION (SCO):** Students who believe in Christian values, moral standards and a spiritually fulfilling lifestyle are encouraged to join the SCO on campus today.

### 3.6 OTHER SPIRITUAL FORMATIONS

- **Advanced Worship Ministries**
- **African Methodist Episcopal Church**
- **Association of Catholic Tertiary Students (ACTS)**
- **Bhakti Yoga Society**
- **Global Revolution Church**
- **Lighthouse Chapel International**

- **Seventh Day Adventist Student Movement**
- **Twelve Apostles Students' Association (TASA)**
- **Zion Christian Church Student Fellowship**
- **Saint Engenas ZCC Student Fellowship**
- **Higher Life in Christ**
- **International Pentecost Holiness Church**
- **Methodist Students Society (MethSSoc)**

## 4. Student media

### 4.1 CUT campus radio station

Discussions about the establishment of the CUT campus radio station started back in 1998 and were initiated by the then SRC. However, due to number of challenges, the project took almost 14 years to materialise, but CUT FM now finally broadcasts from the Lapeng Student Centre.

#### 4.1.1 Governance structure

The station is governed by its board of directors who, in line with the Independent Broadcasting Authority Act, No. 153 of 1993, is responsible for providing strategic leadership to the station.

### 4.2 *Speculum* student newspaper

*Speculum*, the student newspaper, was established by students in 1996. Today, the editorial staff strives to contribute to CUT campus life and to keep students informed about their learning environment.

Students are welcome to visit the office or to convey any information to the newspaper. Any form of communication (e-mails/social media, etc.) for information dissemination from the ordinary student population to the editorial team is welcome.

### Student Leadership Development and Training Centre

As a higher education institution, CUT operates in a knowledge-production and human capital development industry that has as one of its responsibilities the production of citizens who can easily respond to their immediate needs and to the socio-political challenges of South Africa.

In this regard, the Student Leadership Development and Training Programme seeks to invest in producing a student society that is characterised by the domination of democratic values and ethos, including the promotion of independent thinking; critical inquiry; open, robust and vigorous student-led deliberations at all conceptualisation and idea-generating stages.

## 5. ACHIEVEMENTS OVER THE PAST FIVE YEARS

CUT BLOEMFONTEIN CAMPUS		
Student group	Competition/activity	Performance
CUT BFN Choir	Gauteng Choral Music Association	Overall position: First (five times) (Standard category)
	Lengau Choral Music Association	Overall position: First (twice) (Standard category)
	Sedibeng Choral Competitions	Overall position: First (three times)
	Old Mutual National Choir Festival: Free State	Overall position: First (2010) Overall position: Second (four times)
Recreational sports (Beach volleyball)	Port Elizabeth Splash Beach Volleyball Tournament	CUT obtained the third position for the first time in 20 years (this is the only team in the Free State).
	Durban Flying Fish Tournaments	Position 9 out of 32 teams. The coach was named the best coach of the 2014 tournament.
Carnival Committee	Fundraising activities	Allocated close to R200 000 to charity organisations/centres.
First Years' Leadership Foundation Training Programme	A significant number of first-year students completed the programme.	Close to 180 students trained. Five served in the SRC (2011/2012) and five served as academic mentors in 2014.
Grahamstown National Arts Festival	Exposing general students, including international students, to national arts and cultural activities.	The CUT Drama Society performed at the festival for the second consecutive time. Interested students attended the festival.
Dance Sports	Queen's Birthday Competition in Lesotho	Winners (three times)
	Botswana Francistown Competition	Position: First in 2013
	FEDENSA Provincial Competition	Positions: First to fourth
	FEDENSA National Competition	Positions: First to fourth
Chess	Women's Month Competition	One lady won in 2013.
Debate Society	Pan-African Debate Tournament	Named the best speakers in 2012.

CUT WELKOM CAMPUS		
Student group	Competition/activity	Performance
CUT Welkom Choir	Sedibeng Choral Competitions	2014
		Alto Solo- Position 1
		Turner Solo- Position 3
		Male Choir position 2
		Overall Choir performance – Position 2
		2012
		Position 1
		2009 & 2011
	Vaal Choral Music Association	Position 3
		2010
CUT Debate Society-Welkom	South African National Universities Debate Championships (SANUDC)	Position 3
		2014
		South African Public Speaking Champion Top 10 Best Speakers in Africa
		2011-2013
		Best Speakers and Best Adjudicators
		2014
		Best New Speaker in Africa
		Best New Adjudicator in Africa
	SADC CHAMPIONSHIPS 2014	2011-2013
		Best Speakers and Best Adjudicators
		Overall Tournament Champion



## II. OPERATIONAL SPORT



▼ Bloemfontein Campus

▼ Welkom Campus

### 1. PURPOSE OF THE UNIT

The Operational Sport Unit is responsible for the planning and execution of all activities pertaining to operational sport.

In addition, the unit serves the broader community by way of sport development programmes and exposure.

### 2. OBJECTIVES OF THE UNIT

#### STRATEGIC AIMS AND OPERATIONAL OBJECTIVES

In providing the highest quality sport and physical activity experience possible for CUT students at all levels, from participation through to excellence, the unit is steered by the following strategic objectives:

- To increase active participation in all sporting codes.
- To develop sports performance and sporting excellence at CUT.
- To create dynamic partnerships with a variety of partners within the community and with relevant provincial and national sport organisations.
- To develop a reputation for sporting excellence in selected areas.

### 3. SPORTING CODES AND RESPONSIBILITIES

- 3.1 **Danny O`Neill:** Manager: Operational Sport Unit, responsible for managing the unit and golf.

- 3.2 **Vusi Mgobhozi:** Deputy Manager: Operational Sport, responsible for athletics (men and women), basketball (men and women), soccer (men and women) and volleyball (men and women).
- 3.3 **Helgard Müller:** Deputy Manager: Operational Sport, responsible for table tennis (men and women), netball, karate (men and women) and rugby (men and women).
- 3.4 **Donovan George:** Deputy Manager: Operational Sport, responsible for hockey (men and women), tennis (men and women) and cricket (men and women).
- 3.5 **Ponki Smith:** Deputy Manager: Operational Sport: Welkom campus, responsible for co-ordinating all sporting codes.

### 4. AVAILABLE BURSARIES

Sport bursaries are awarded to promising sportsmen and sportswomen according to the criteria of that specific sporting code. Such bursaries are only awarded to individuals who participate in league sport in the name of CUT (refer to the list of sports along with the name of the deputy manager responsible for each sport).

### 5. ACHIEVEMENTS OVER THE PAST FIVE YEARS BLOEMFONTEIN CAMPUS

- Rugby: CUT won the Varsity Shield 2011, 2013 and 2014, and was promoted to the Varsity Cup for 2015/16. Chris Dry and Seabelo Senatla are currently Springbok 7a-side players and gold medal winners at the 2014 Common Wealth Games. Trevor Nyakane, Springbok prop, played rugby for the CUT Ixias.
- Cricket: Free State Super League champions 2010 and 2011. Obtained the third position in the National Cricket Club Championship in 2011. Several South African Protea players played at CUT, such as Nicky Boje, Johan van der Wath, Dean Elgar and Rilee Rossouw.
- Soccer: The CUT soccer club won the Castle League in the 2012/13 season, and was promoted to the Vodacom League, where they obtained the sixth position out of 18 teams in their first year in this higher league.
- The CUT volleyball, basketball, hockey, table tennis and karate men and women teams ended in the top three of their different leagues during the past five years.

## WELKOM CAMPUS

- Athletics: USSA Track & Field Championships silver medallists in 2015  
USSA Cross Country Championships bronze medallists from 2010 to 2013  
World Student Track & Field Championships 2015 bronze medallist, which was in Gwangju, Korea.
- Cricket Club: Winners of Varsity Pro-20 Student Cricket Tournament 2015.
- Soccer: CUT Welkom Campus Soccer Team came second in the SAB Regional League in the 2012/2013 season.



SPORT



# Residences

## III. RESIDENCES



### 1. PURPOSE OF THE UNIT

In support of the academic project of the institution, the purpose of the unit is to provide conducive living and learning space for CUT students, and to provide first-year students with the necessary support in their transition from high school to university.

### 2. OBJECTIVES OF THE UNIT

The following are the main objectives of the unit:

- To support students' smooth transition to university life and integrating all new students into the CUT community.
- To encourage healthy behaviour and assisting students in creating meaningful interpersonal relations.
- To familiarise students with their surroundings and to provide them with holistic student support structures and units while they are studying at CUT.
- To instill a sense of social responsibility.



### 3. PROGRAMMES

#### 3.1 Welcome and Orientation Programme

The purpose of the Welcome and Orientation Programme at CUT is to:

- Effectively support first-year students' smooth transition to university life.
- Make first-year students aware of CUT's vision, mission and core values, and encouraging them to adopt their own values that are critical in creating a responsible citizenry.
- Foster healthy social behaviour and meaningful interpersonal relations, and continuously conscientising all students regarding issues of inclusivity and diversity, and any unacceptable and dehumanising activities.

The residences have the following activities as part of their welcoming practices, and the purpose thereof is to enhance individual students' talents and to promote social cohesion through:

- inter-residence visits;
- outdoor activities and singing contests;
- beauty pageants; and
- First-year Academic Day.

In addition, all CUT students are exposed to other cultural experiences and practices through an annual multi-cultural event.

#### Proposed programmes on orientation:

ACADEMIC	EXTRAMURAL AND CULTURAL	SOCIAL	RELIGIOUS
1. FIRST YEARS' ACADEMIC EXPO	1. Residence Concert  (Both first-year and senior students)	1. Team-building event (Bootcamp, etc.)	1. First Years' Unity Service
	2. Mr and Miss First Year Residences (Saturday)	2. Treasure Hunt	2. Spiritual Awareness Day
	3. First Years' Sports Day	3. City Tour and Picnic	
		4. Joint First Years' Community Service	

#### 3.2. Living and Learning Community (LLC) Programmes

The Living and Learning Community (LLC) Programme is a residence-based programme that supports student learning outside the classroom through activities that create an opportunity for interaction amongst students. This forms part of an enhanced student experience.

The idea of inter-residence activity started in 2005, when the student leadership of all residences at the time met and decided on merging all the informal activities of all the residences into one.

The primary objective was to unite all residence students through a type of social programme.

The inter-residence Programme of Action operates under the following four pillars:

- i. Community engagement;
- ii. Sports;
- iii. Extramural activities; and
- iv. Cultural and social activities.



## PROPOSED INTER-RESIDENCE PROGRAMME OF ACTION (POA)

PROPOSED POA	OBJECTIVES OF THE POA	EXPECTED PARTICIPANTS	TIME AND PLACE	CO-ORDINATION OFFICE
1. First-year concert and beauty pageant	To unite all first-year residence students.	All first-year residence students.	CUT	Office of the Residence Manager.
2. Inter-residence social bash	To socially unite all CUT residence students.	All residence students.	A resort or CUT	Office of the Residence Manager.
3. Inter-residence sports tournament	To unite students and instill a healthy lifestyle.	All residence students.	CUT	Office of the Residence Manager.
4. Inter-residence community engagement	To unite students and to instill responsibility.	All residence students.	A nearby community	Office of the Residence Manager.

### 3.3 Residence Academic Mentorship Programme

The Residence Academic Mentorship Programme has been in place in the residences since 2011. The aim of the programme is to assist first-year students with their academic tasks and challenges, and to help them to develop holistically. Mentors who are fellow students get adequate training from professionals, and impart their skills to the new students to enable these students to realise their full potential.

In addition, the aim of the Residence Academic Mentorship Programme (RAMP) is to provide students with an opportunity to live and learn in an active and involved community of students who share similar interests.

# Wellness centre

## IV. WELLNESS CENTRE



■ Bloemfontein wellness Centre

■ Welkom wellness Centre

## 4. PURPOSE OF THE UNIT

The purpose of the unit is to serve as a one-stop shop with effective wellness services, and to organise programmes responsive to students' and staff members' needs. In addition, the unit exists to promote student and staff well-being, and to enhance effective student learning by addressing physical, social, emotional, spiritual and intellectual barriers to student academic success. The unit seeks to achieve its purpose by upholding professional and ethical values governing their services.

## 5. OBJECTIVES OF THE UNIT

The unit has the following objectives:

- **Community:** We work to create a university community that promotes belonging, compassion and collaboration among students and staff.
- **Development:** Promoting greater health and well-being for students and staff.
- **Diversity:** We strive to provide quality services that reflect sensitivity to diversity, including gender, ethnicity, race, ability, sexual orientation, religion and values.
- **Accountability:** Promoting responsible, professional and reliable services.



## 6. SUB-UNITS AND PROGRAMMES

### 3.1 Academic Support

- *Intellectual wellness*
  - Various workshops are presented (regular attendance = **higher academic success!**)
  - Workshops are usually 1-hour long and tailor-made to suit your needs.

*A sneak-peak as to what you can expect in these workshops....*

- |                         |                                      |   |
|-------------------------|--------------------------------------|---|
| ○ Study guidance/skills | ○ Examination preparation techniques | ○ Concentration and motivation techniques |
|-------------------------|--------------------------------------|---|

### • Reading development

- Reading development is aimed at further improving your reading and studying abilities.
- Four computerised reading laboratories are available for this purpose.

### • Career guidance

- Our professional, trained and qualified staff can also help you make an informed decision when you want to choose a career.
- Here are some of the things we look at:
  - Interests vs. ability
  - Personality
  - Values and motivation
  - Career information
  - Career guidance

### 3.2 Psychological/counseling services

- *Emotional wellness*

Struggling to adjust? Worried about your studies? Maybe you just need someone to listen to you?

**Registered psychologists can assist you with these issues:**

- Course information
- Study guidance
- Academic assistance
- Adjustment problems
- Relationship problems
- Family problems
- Personal problems
- Dealing with trauma (e.g. death of a loved one)
- Substance abuse
- Wellness programmes
- Workshops to enhance life skills

**All information is treated as strictly confidential.**

### 3.3 Social services

- **Social/cultural wellness**

**Social workers** help to enhance the social well-being of students by promoting a healthy and conducive environment throughout their years of study, and this is achieved by:

- Working in close collaboration with psychologists and health services, residence and student accounts staff regarding the appropriate referral of students;
- Conducting information sessions/workshops relating to HIV/AIDS;
- Compiling background reports on students in financial need; and
- Offering assistance with the following:
  - Rape counseling
  - Poverty/financial challenges

- Pre-/post-abortion counseling
- Bereavement
- HIV/AIDS
- Community outreach

### 3.4 Primary healthcare services

- *Physical wellness: Campus clinic*
  - Medical doctor
  - Professional nurse
  - HIV/AIDS counselor

**Clinic hours:**

Monday to Friday, 08:00 to 16:30.

**Where are we?**

Opposite the Library and Information Services Centre

**All services are available to:**

- |                           |                     |                     |
|---------------------------|---------------------|---------------------|
| ○ Registered CUT students | ○ CUT staff members | ○ Official visitors |
|---------------------------|---------------------|---------------------|

***Confidentiality guaranteed!***



### Services offered include:

○ Pregnancy tests	○ Blood sugar screening
○ Blood pressure screening	○ Urine analysis
○ Family planning	○ Voluntary Confidential Counseling and Testing (VCCT)
○ Treatment (minor ailments)	○ Health education and advice
○ Emergencies and referrals	○ Chronic disease management

### 3.5 HIV and AIDS interventions

HIV and AIDS awareness and its impact on well-being have a negative effect on the university's intention to contribute towards the development of the country and the continent's human capital. For this reason, HIV/AIDS prevention and awareness campaigns play an important role in the programmes offered by our centre.

### 3.6 Chaplaincy

- *Spiritual wellness: Chaplaincy Services*
  - Various churches – vested in the Wellness Centre.
  - Providing information regarding campus activities to students/staff of different denominations/religions.
  - Encouraging student participation.
  - Offering support to students/staff.

## 7. ACHIEVEMENTS OVER THE PAST FIVE YEARS

- **Women's Day workshops and teas:** Celebrating the uniqueness of our female students and staff with international renowned speakers.
- **Health awareness weeks:** Partnering with different service providers to offer students/staff members the opportunity to undergo primary health screenings and HIV/AIDS testing and counseling, and to maintain physical wellness.
- **Wellness Approach to Student/Staff Behavior (WASB) weeks:** External sponsorships are secured to host such a wellness week, during which all dimensions of wellness are celebrated.
- **Unity services:** CUT Chaplaincy Services host unifying services on campus every year.

- **Golf days for poverty:** An initiative and fundraising event to support impoverished CUT students. Various sponsorships are secured to support this event.

### CONTACT THE WELLNESS CENTRE TO ENHANCE YOUR WELL-BEING!

	Bloemfontein campus	Welkom campus
<b><u>Appointments:</u></b>	<b>Wellness Psychology Social Service:</b> phone (051) 507 3154 <b>Clinic Service:</b> phone (051) 507 3735 or make an appointment in person at the centre.	Please phone (057) 910 3500 or make an appointment in person at the centre.
(Walk-ins welcome in case of an emergency.)		
<b><u>Centre hours:</u></b>	Monday to Thursday, 08:00 to 17:30 Friday, 07:45 to 16:30	Monday to Friday, 08:00 to 16:30
<b><u>Where are we?</u></b>	2 <sup>nd</sup> floor, Lapeng Student Centre	Block N, Student Academic Support Centre





Central University of  
Technology, Free State

**Central University of  
Technology, Free State  
Private Bag X20539  
Bloemfontein  
9300**