

Your Counsel Link

2016 Marks the birth of “Your CounselLink” the Student Counselling Centre’s (SCC) first official newsletter. The aim of the newsletter is to provide up to date and relevant news on our:

- Events and celebrations
- Student developments
- Career Information
- Personal/Self care tips
- Academic guidance
- And any other relevant information

Our Mission is to provide high quality Health and Counselling services that help to prepare students for the world of work and society.

Wellness is not the mere absence of disease. It is a pro- active, preventive approach designed to achieve optimum levels of health, social and emotional functioning. It is an active process through which you become aware of and make choices toward a more successful existence. It is an approach that emphasizes the whole person. It is the integration of the body, mind, and spirit; and the appreciation that everything you do, think, feel, and believe has an impact on your state of health

(Adapted from www.definitionofwellness.com)



Student Counselling Staff

What the SCC has to offer DUT Students

Services offered by the SCC include:

- Individual Counselling for personal & relational issues
- Individual Career Counselling, guidance and assessments
- Academic guidance and study skills
- Workshops - Academic Study Skills & Personal Development Leadership Development
- Academic Advocacy
- Self Help information pamphlets
- Food Security Programme

All services are free of charge for DUT students (Note: Prospective students are provided with general academic & career guidance)

Career Resource Centre (CRC)

Services offered include:

- Information on different career choices
- Company information, profiles, address & annual reports
- Information on local and international educational institutions
- Bursary information
- Workshops - Workplace Preparation & Readiness
- Economic & job market information
- Job search
- Email & internet access for job information
- Assistance with CV writing & access to computers for CV writing

My Human Rights Day 2016

The “My Human Rights Day” Event was aimed to not only celebrate human rights day but to also educate students about South Africa’s journey towards the establishment of its Constitution and the first Human Rights Day on the 21st of March 1994.

On the 21st of March 1960, 69 people died and 180 were injured when police fired on a peaceful crowd that was gathered to protest against the Pass laws which were developed to control the movements of Africans during Apartheid. The Sharpeville protest was an affirmation by common people, rising in unison to proclaim their rights. This date has become iconic in our country’s troubled history (SA Human Rights Commission).

A pamphlet is available at the SCC containing basic human rights information and the history behind the celebration of the day.

A March for Human Rights was hosted by Student counselling and Health on the 17th of March 2016, beginning at Steve Biko Campus and ending at Mansfield Hall, where students were then offered the opportunity to sign the “My Human Rights Day Pledge”. Our annual movie screening was then held, where the documentary ‘Human’ was shown. ‘Human’ is a collection of stories about and images of our world, offering an immersion to the core of what it means to be human. Human is a 2015 documentary by French environmentalist Yann Arthus-Bertrand. The film is almost entirely composed of exclusive aerial footage and first-person stories told into the camera. It was the first movie to premiere in the General Assembly Hall of the United Nations, to an audience of 1,000 viewers, including U.N. Secretary General Ban Ki-moon.’ For those who missed it, this is an absolute must watch!



One of the pledges that was signed



Student Counselling and Health March for Human Rights



Just some of the Students who enjoyed the powerful documentary, ‘Human.’

Golden Key International Honour Society- DUT Chapter News

The inaugural DUT chapter of the Golden Key International Honour Society has set its sights on increasing awareness about the society and hopes to significantly increase its membership. First semester marketing activities included hosting a number of information tables across DUT campuses. The committee's main aim for 2016 is to engage in community service initiatives that promote literacy amongst learners. In the second semester the committee is set to launch a book drive, items collected will be donated to affiliated organizations. Collection points will be situated within DUT libraries. The committee also hopes to host a career development/networking brunch in September, successful DUT alumni in industry will be invited to address students on being successful within industry. Two of its committee members attended the regional summit in Bufflespoort, North West; they enjoyed a jam packed weekend focused on employment seeking, leadership and emotional management skills. They had the opportunity to network with other university students from across the country. Two DUT Golden Key Members were awarded a \$ 1500 dollar travel grant, both students use the award to attend the International Summit in Tucson Arizona, in July. The international Summit brings the brightest and most passionate members together from across the globe for three fun- filled days. This year's theme was Discover Your Destiny and featured a range of personal and professional development workshops, speakers and community service opportunities. If you are interested in finding out more about the society or are interested in participating in some of its events, go to the DUT Golden Key Facebook page or visit the website www.goldenkey.org.za or www.goldenkey.org.



Spreading the word...GK represents at Student Services Orientation



GK DUT chapter members host an information table on Indumiso Campus, PMB



GK Community service- GK student members from across SA, at GK regional summit 2016, getting ready to clean up and paint. Kloofwaters School- Bufflespoort.



Regional Summit 2016- DUT chapter president Euvette Taylor and Secretary Monde Xakaza at GK community service project.

SAACDHE Conference 2016

In September, our psychologists had the opportunity to attend the annual SAACDHE conference, which was held this year in Swaziland. The theme of this years conference was 'Business unusual.' We are so proud to say that all our psychologists presented at this conference.



Candice Leith and Jessica Parker, presenting at SAACDHE.

Wellness Day 2016

The Student Counselling centre's annual Psychological Wellness Day was held on the 27th July 2016. The event afforded students the opportunity to engage with various external organisations and access information about where to get support in their area. Invited organisations included; SADAG, SADD, SANCA, Life Line, Love Life, St Giles non-profit organisation for the disabled and, the Pregnancy Resource Centre. Interactive information tables promoted, awareness of mental health issues and, psychological wellness.



Student Counselling and Health Annual Wellness Day

SCC Website

After some much needed updates, we are happy to announce that Student Counselling has a brand new website up and running. There is lots of different information that you can access there, such as information on our different programs, news on upcoming events and most excitingly you will now have access to a number of great resources including our self-help pamphlets, covering a wide variety of topics. And of course lots of new and exciting content is still to follow!

To check out our new site, go to www.dut.ac.za and click on the Support Services tab, from there scroll down to Student Services and Development and you will then be able to select Student Counselling and Health.

Opening Times and Contacts Numbers for Student Counselling and Careers Resource Centre

Mon-Thurs: 8h00-16h30

Fri: 08h00-15h00

Tel: (031) 373-2266

We are based on the Steve Biko Campus but also offer services on the City Campus every Tuesday morning and Brickfield Campus every Wednesday morning for student based there. Please call our receptionist on Steve Biko campus on 031-373-2266 for appointments.

After hours emergency contact numbers

Lifeline: 0861-322-322

South African depression and anxiety 24 hours suicide helpline: 0800 567 567 or 0800121 314