



## **STUDENT DEVELOPMENT WORKSHOPS**

The Student Counselling Centre runs a series of workshops for students at the Durban University of Technology. Students can request these workshops through their departments. These workshops are designed to support students' personal development, academic functioning and preparation for the work place. Pick and choose any workshop based on what you are interested in or feel you would benefit from. Each workshop is approximately one hour long.

### **Booking Details:**

Contact Student Counselling on 031-373-2266 or come in and speak to one of our psychologists. We are located at the Steve Biko Campus, Lower Library complex next to Financial Aid. Departments can request them via his/her Psychologist in charge of the Faculty.

### **Workshop List:**

#### **CATEGORY A**

##### **ACADEMIC STUDY SKILLS:**

- Study Techniques

An overview of the SQ4R procedure of studying

- Time Management

This workshop is aimed at providing students with the skills to manage their time successfully. It also includes helpful information on procrastination & goal setting

- Exam Preparation

A comprehensive overview of the skills required before, during and after an examination.

- Exam Anxiety

Provides students with useful information on exam anxiety as well as the skills to manage anxious feelings. Includes some relaxation techniques to combat anxiety.

- Seriousness of cheating & plagiarism

A workshop designed to teach students about the importance of referencing.

## **CATEGORY B**

### **WORKPLACE PREPARATION:**

- CV Writing Skills

A practical approach to putting together a professional targeted CV, and a concise cover letter

- Interview Skills

A practical approach to the do's and don'ts of interviews, including how to prepare for the interview in advance and how to behave on the day

- Workplace Skills

Aims at orientating students to the world of work, in terms of expectations, behaviour, communication and corporate culture

## **CATEGORY C**

### **PERSONAL DEVELOPMENT:**

- Adjustment to Campus Life

An introduction into the challenges first year students' face when entering tertiary education – from academic to social.

- Assertive Communication

A skills-based workshop that enables students to better understand the different types of communication styles, identification of their default style and skills development around assertiveness

- Anger Management

A workshop designed to assist students in identifying their anger, potential triggers and more effective methods in managing anger.

- Conflict Resolution

An introduction into the potential triggers of conflict, conflict management styles, identification of individual default styles and a practical approach to resolving conflict.

- Decision Making

A practical skills-based workshop that provides students with a step wise decision-making process, thereby empowering them to make appropriate decisions.

- Self-Esteem

A workshop designed to empower students to develop their self-esteem.

- Trauma

An informational workshop that seeks to facilitate an understanding of the dynamics of trauma and secondary traumatisation, the early identification of trauma symptoms and the management of trauma.

- Managing Stress

A comprehensive workshop that focuses on identifying stress, understanding the stress cycle and managing your stress.

- Toxic Truths Series:

This series of workshops provides students with the tools to critically review their relationships in terms of how healthy they are, and make informed, responsible decisions surrounding their safety. By so doing, students are provided with essential information that could help avert a crisis later.

- Dating Relationships
- Sexual Harassment
- HIV/AIDS

- Understanding identity

An insight focussed workshop that explores identity and the expression of identity.

- Managing Emotions: Understanding Depression & Anxiety

An exploratory workshop that enables students to better identify their emotional states, better manage them and know when to get help.

- Project Management

An introduction into the key factors in the management of projects

- Team building

An overview of the different team styles, identification of individual default styles, strategies necessary to build a team and overcoming potential obstacles