

Student Academic Development and Support Webinars

- ⇒ Make sure to log in with your **NWU MICROSOFT 365 ACCOUNT** before registration (<http://services.nwu.ac.za/information-technology/microsoft-365>)
- ⇒ To attend the webinar, access the link received in your MS365 Outlook account or click on the registration link again.



Title	Purpose	Date and time	Presenters	Registration / Attendance link
Career Guidance, Development and Motivation - Presented by Student Counselling and Development	The purpose of this webinar is to talk about how you feel and think about your career trajectory or current course. Is this where you want to be and where you will make a difference? We will be sharing resources and advice and answers questions such as: What will I do when I have completed my degree? How do I conquer difficult subjects such as maths? Where do I need to start looking for a job? Am I in the right career/course?	Tuesday, 02 August 2022 12:00	Juan-Ri Potgieter	Register / Attend Here
Goal setting and time management skills	The purpose of this webinar is to assist students in their development of goal setting and time management skills as it is a crucial skills for any successful self-directed learner.	Thursday, 11 August 2022 12:00	Fabian Meyer Refilwe Matsie	Register / Attend Here
Managing Academic Stress and Anxiety - Presented by Student Counselling and Development	Life can sometimes throw many curve balls and make you feel you are not in control of your situation or not managing/coping well. The purpose of this webinar is to talk about stress and anxiety; what it is? how it happens? How it presents itself? How can I improve my overall wellbeing when I experience stress/anxiety?	Thursday, 18 August 2022 12:00	Juan-Ri Potgieter Karen van den Berg	Register / Attend Here
Healthy Students = Successful Students - in collaboration with SCD	Life as a student can be very exciting and adventurous, yet sometimes filled with the unknown and uncomfortable. It is important to determine where you are in your journey as a student, here you would like to go, and if you need to make certain changes to encourage optimal wellbeing. A healthy student overall equals a student who succeeds in their academics. In this session, we will be looking at healthy coping mechanisms, the wellbeing wheel and resources to utilise to function optimally.	Thursday, 25 August 2022 12:00	Bridgett Ntuli Reinette Koekemoer	Register / Attend Here
Developing disciplinary literacy: Become a guru in your field	Be a 21st century guru in your field of study and, eventually, work. This webinar looks at some basic steps you can take to become more knowledgeable about your discipline. By developing appropriate disciplinary literacy skills you equip yourself to become an expert student and better your chances of employment.	Thursday, 01 September 2022 12:00	Dr Charl Nel Jeanette de Swardt	Register / Attend Here
Successful group work and conflict management - in collaboration with SCD	An effective group work together to complete a task in an agreed time, with each member contributing to the team according to their skills, experience and personality. As people differ in how they think, react and do, disagreements/conflict may arise as a result of this. The purpose of this webinar is to highlight the do's and don'ts when conducting group work and how proper planning and communication skills are critical to the success of any effective group. In addition, it will provide students with the necessary skills and insight on how to manage these differences in a constructive manner as to ensure effective execution of the task/project.	Wednesday, 07 September 2022 12:00	Jan-Paul Viljoen Anna Motlogi Ilana Coetzee	Register / Attend Here
Successful assignments: Get the most out of your library resources - in collaboration with Library Services	The library website has a vast collection of academic information resources you as a student can benefit from when doing research for assignments. It is important for you as a student to use the information resources due to their credibility, quality and reliability. This webinar will equip you with the needed information retrieval skills to use the available databases, navigate the library catalogue and retrieve the most relevant information resources for successful assignments.	Thursday, 08 September 2022 12:00	Lindi Mahlangu Reinette Koekemoer	Register / Attend Here
Study habits, techniques and skills for successful study and mental health - in collaboration with SCD	The purpose of this webinar is to give students access to the study habits, techniques and skills they need to be able to study successfully. The aim is to support students in their development of becoming independent and efficient learners and make the most of their studies as self-directed learners. Furthermore, as mental health and academic performance/success is strongly related, this webinar will provide students with tips and techniques on how they can look after themselves emotionally and mentally. And also, where to seek emotional support when studies get difficult.	Thursday, 22 September 2022 12:00	Lucky Bogatsu Salome Smith Jani Kuhn	Register / Attend Here
Note-making, study methods and memorising techniques	This webinar will allow students to connect with specific reading strategies and note making skills in order to advance their learning. This webinar will also introduce students to valuable and effective study methods and memorising techniques.	Thursday, 20 October 2022 12:00	Mittah Magodiello Jan-Paul Viljoen	Register / Attend Here
Assessment preparation and stress/anxiety management—in collaboration with SCD	Assessments can be very daunting, especially if it is a subject/module you are not so familiar with/skilled in. As a result, a person can feel very anxious, distressed and unable to focus/concentrate on the content to learn for the assessment. Therefore, it is important to manage one's anxiety, while focusing on effective assessment preparation tips and techniques. The purpose of this webinar is to support students in their preparation for the assessment period, sharing tips and tricks on how to stay organised and focussed for academic success, and how to manage your stress/anxiety in this taxing time.	Thursday, 27 October 2022 12:00	Lucky Bogatsu Khethiwe Bhiyo Juan-Ri Potgieter	Register / Attend Here