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# Centre for Student Counselling and Development (CSCD)

## Division Student Affairs / Stellenbosch University





# The CSCD Management Team



Acting Director: Charl Davids



Secretary: Director CSCD: Hestia Kotzé

## Disability Unit



Head: Dr Marcia Lyner-Cleophas

## Unit for Academic Counselling and Development



Head: Dr Elmien Sinclair

## Unit for Graduand Career Services



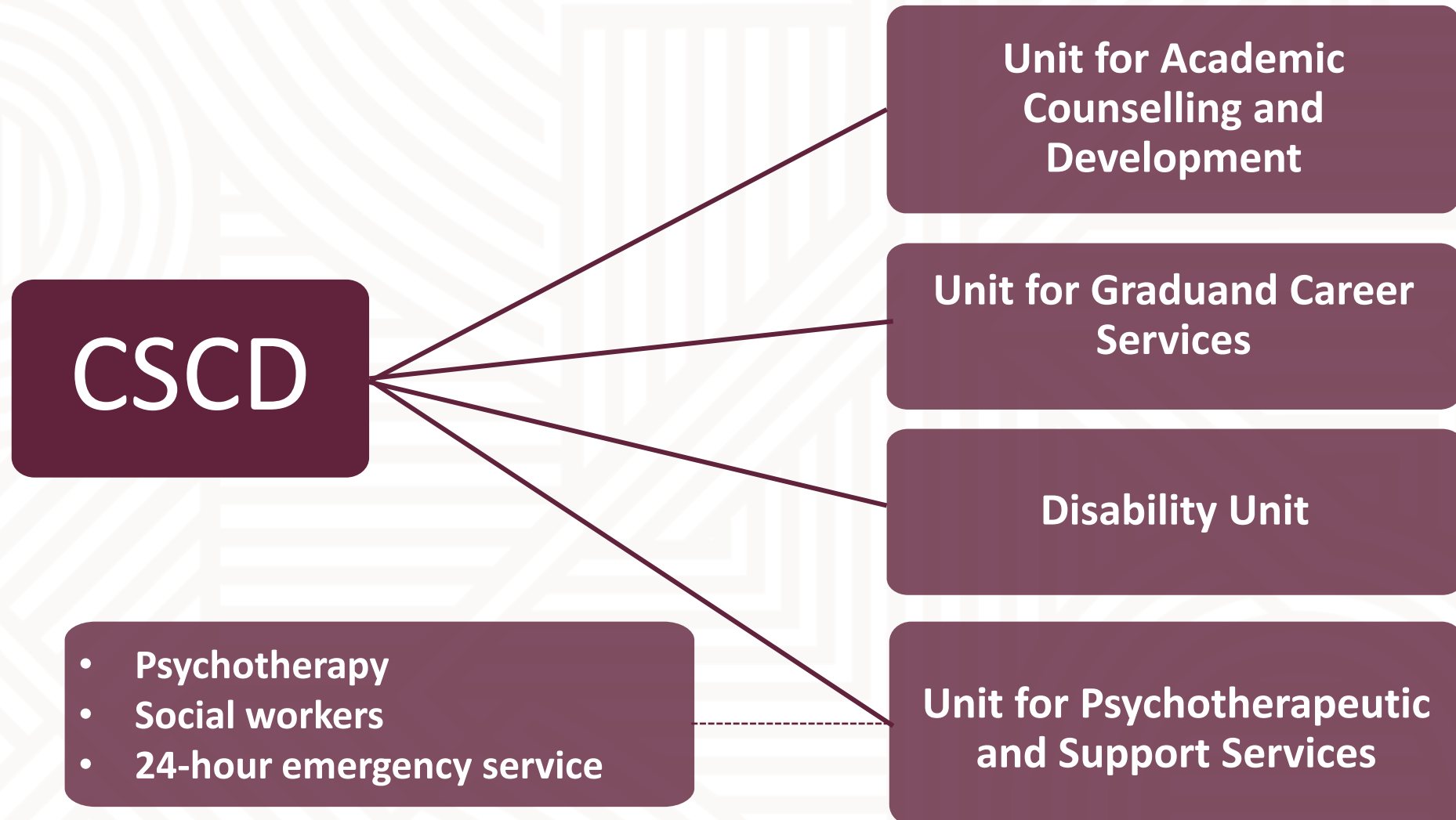
Head: Marquard Timmey

## Unit for Psychotherapeutic and Support Services



Acting Head: Elmarie Kruger

# CSCD structure



# Unit for Academic Counselling and Development (UACD)

**We create opportunities for student success!**

Students can develop their **study skills**, learn how to manage stress during tests and exams, and they can learn **effective time management skills** via:

- Individual consultations, Work sessions, Self-help material, Psychometric assessments and Brain profile assessments



# Unit for Academic Counselling and Development (UACD) (cont.)



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## The Unit provides a comprehensive career development service

Informed career decision-making requires both knowledge about yourself as well as knowledge about the world of work.

Developing knowledge about the self:

- Career assessment – identifying among others interests, personality traits and/or
- Narrative process – life story contribute to identifying interest, values and preferences for specific career related activities.

We aim to provide the student with the autonomy of being the expert of their life and thus being able to make the best career decision for themselves.

Visit us at **37 Victoria Street**, or contact us on **021 808 4707**, [www.sun.ac.za/cscd](http://www.sun.ac.za/cscd), or send an email to [studysuccess@sun.ac.za](mailto:studysuccess@sun.ac.za).



# Unit for Psychotherapeutic and Support Services (UPSS)



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- We provide online/face-to-face support for e.g. depression, anxiety, substance abuse, eating disorders, adjustment and relationship problems as well as severe trauma via:
  - ✓ Individual therapy sessions
  - ✓ Group interventions
- Social Work-services available.
- Services are **confidential** and **free of charge**.
- Stellenbosch-students can contact us during office hours at **021 808 4994** or E-mail: [supportus@sun.ac.za](mailto:supportus@sun.ac.za).
- Tygerberg-students can contact us during office hours at **021 970 7020** or E-mail: [supportus@sun.ac.za](mailto:supportus@sun.ac.za).
  - 📍 Location of Tygerberg offices [click here for short video](#)
- In case of serious crisis or emergency, after hours call 24-hour crisis line **010 205 3032**.





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# ***MATIES*** **EMERGENCY ASSISTANCE**



## **010 205 3032**

in collaboration with **CSCD & CHS**

**CSCD CRISIS SERVICE (08:00 – 16:00):**

Stellenbosch: 021 808 4994

Tygerberg: 021 970 7020



# Unit for Graduand Career Services (UGCS)

- Organise annual Career Fairs in August. Includes the General, Accounting and Engineering Careers Fairs.
- Offer work sessions regarding CV-writing, Interview Skills, Cover Letters, Personal Branding & LinkedIn Profile and Job-seeking Skills.
- Responsible for publishing of the Annual Graduate Recruitment booklet.





# Unit for Graduand Career Services (UGCS) (cont.)

- Responsible for the management of *MatiesCareers* (career management system: <https://stellenbosch-csm.symplicity.com/students/>)
- Provide individual discussion sessions about your career.
- Has a Career Hub where you can read about companies, careers, training and job search methods.
- Visit us at **43 Victoria Street**, or contact us at **021 808 3568**, [careerservices@sun.ac.za](mailto:careerservices@sun.ac.za)

Virtual Career Fairs  
2021



**WELCOME  
TO THE  
STELLENBOSCH UNIVERSITY  
VIRTUAL CAREER FAIR**

Fair opens  
24th August - 24th September  
9:00 - 16:00

# Disability Unit (DU)



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- We strive towards the full inclusion of students with disabilities.
- We do this by:
  - ✓ Making reading material accessible in various formats. To do this we make hardcopy material accessible to people with print disabilities, such as people who are blind and visually impaired;
  - ✓ Advising about the most appropriate assistive technologies in liaison with HUMARGA;
  - ✓ Liaising with the Centre for Student Communities to ensure that students with disabilities who have mobility and sensory impairments, such as visually impaired people, stay in residences on campus;
  - ✓ Liaising with Faculties to ensure innovative individualized academic support for students with specific learning needs;
  - ✓ Reviewing test and exam concessions applications;
  - ✓ Doing advocacy work that includes workshops for staff and students, including an accredited Lead with Disability workshop for students.



# Disability Unit (DU) (cont.)



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- Contact Details:

Disability Unit

Centre for Student Counselling and Development (CSCD)

Division for Student Affairs

Phone: **021 808 4707**

E-mail: [disability@sun.ac.za](mailto:disability@sun.ac.za)  
or [braille@sun.ac.za](mailto:braille@sun.ac.za)

Find us at:

[www.sun.ac.za/CSCD](http://www.sun.ac.za/CSCD)

Follow the Disability Unit  
on Facebook





## Sentrale Ontvangs / Central Reception:

021 808 4707

[www.sun.ac.za/ssvo](http://www.sun.ac.za/ssvo) /  
[www.sun.ac.za/cscd](http://www.sun.ac.za/cscd)

CSCD staff feedback on  
how they experienced  
the lockdown period